

Baked Cajun Fish

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 Tbsp 1 tsp	1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red pepper		3/4 tsp		1 1/2 tsp	
Ground black or white pepper		3/4 tsp		1 1/2 tsp	
Dried oregano		1 tsp		2 tsp	
Dried thyme		1 tsp		2 tsp	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lemon juice		1/2 cup		1 cup	3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 2 tsp

Trans fat-free margarine

6 oz

3/4 cup

12 oz

1 1/2 cups

4. Drizzle 1/2 cup of melted margarine over the seasonings.

5. Bake: Conventional oven: 350° F for 20 minutes. Convection oven: 350° F for 15 minutes. Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.

6. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
- 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.

CCP: Bake chicken to 165° F or higher for at least 15 seconds.

Serving	Yield	Volume
1 portion provides 2 1/4 oz equivalent meat.	50 Servings: about 7 lb 14 oz	50 Servings: 2 steamtable pans
	100 Servings: about 15 lb 12 oz	100 Servings: 4 steamtable pans

Nutrients Per Serving					
Calories	128	Saturated Fat	2 g	Iron	1 mg
Protein	13 g	Cholesterol	43 mg	Calcium	9 mg
Carbohydrate		Vitamin A	220 IU	Sodium	145 mg
Total Fat	8 g	Vitamin C	1 mg	Dietary Fiber	